

MEETINGS

Meetings for both individuals with a mood disorder and their supporters are held on the 2nd, 3rd, and 4th Tuesday of each month. Sharing coping skills, providing support and networking with others facing similar challenges.

What we offer:

WRAP Wellness Recovery Action Plan
An 8 week program guided by accredited facilitators, that empowers participants to create their own plan for recovery, using the principles of hope, personal responsibility, education, self-advocacy and support. The results have led to recovery and long term stability.

SafeTALK a 3 1/2hr. Workshop that prepares helpers to identify person with thoughts of suicide and connect them to resources and help.

Monthly social events, summer picnic and Holiday Dinner Party.

Volunteering Opportunities and training.

Information, brochures, referrals.

Group and One on One Peer Support.

Workshops and Seminars.

Educational lectures featuring guest speakers.

Collaborating with other community agencies.

ST. JOE'S MEETING

Featuring a guest speaker 1st hour,
Facilitated support group meeting 2nd hour.

WHEN: 2nd Tuesday of every month
WHERE: St. Joseph's Healthcare
Juravinski Tower, 2nd Floor
Miller Theatre
50 Charlton Ave. E.
Hamilton, Ontario L8N 4A6
TIME: 7:00PM - 9:00PM

HARRRP MEETING

WHEN: 3rd Tuesday of every month
WHERE: St. Peter's HARRRP
Community Centre (lounge)
705 Main St. E.
Hamilton, Ontario L8M 1K8
Enter off of St. Clair Ave.
TIME: 2:00PM - 4:00PM
Facilitated Support Group

FIRST PILGRIM MEETING

City Parking on Ferguson and King
Free Parking in Pilgrim lot after 6pm.

WHEN: 4th Tuesday of every month
WHERE: First Pilgrim United Church
200 Main St. East
Hamilton, Ontario L8N 1H3
TIME: 2:00PM - 4:00PM
Facilitated Support Group
Library: DVD's, tapes and books
are available to borrow.

Mood Menders

SUPPORT SERVICES

HAMILTON

Offering Peer Support to
people living with depression, anxiety, bipolar
and also to their supporters.
A non-profit, registered charitable organization.

Mailing Address
200 Main Street East
Hamilton, Ontario L8N 1H3

Phone 905 521-0090 Ext. 234
Calls returned within 24 hours

Email: moodmendershamilton@gmail.com
Website: www.moodmenders.ca
[facebook.com/moodmendersupportservices](https://www.facebook.com/moodmendersupportservices)
Twitter @moodmenders

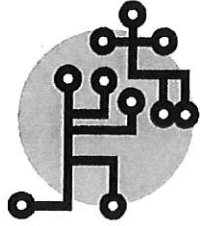
We are not an emergency service
Emergencies call 911
Or go to your nearest EPT
Emergency Psychiatry Treatment

Affiliated with CMHA &
St. Joseph's Healthcare

We are an Associate Member of
Mood Disorders Association of Ontario
Toll Free 1 888 486-8236
Web Site: <http://mooddisorders.ca>

We proudly recognize more than 30 years of
providing assistance to those in need.

Winner of 2016 St. Joseph's Mental Health
Spirit of Hope Award



"Together we are better
Together we are stronger"

Talk to someone who has been there.

Our mission is to provide hope, help, support
and education to people and their families
challenged by mood disorders.

Providing information and education to
individuals and their families or friends about
different aspects of mood disorders, their
management and the implications for the
person with a mood disorder and their family.

Helping individuals who experience a mood
disorder, assisting them in dealing with
problems and issues that they face.

Helping relatives and friends understand their
loved one's illness.

To inform and educate ourselves, general
public and professionals about mood disorders.

To eliminate discrimination and social stigma.

WHAT IS A MOOD DISORDER?

A mood disorder is a medical condition.

There are two major categories of mood
disorders.

1. Unipolar
2. Bipolar

Anxiety may coexist with depression or bipolar
disorder, making coping more difficult, so
medical treatment is very important.

Mood disorders are caused by a variety of
biological, psychological, interpersonal and
genetic factors.

Most people can be helped with medications
and/or some form of psychotherapy.

Symptoms and their severity vary between
individuals.

Depression and Bipolar Disorder

- Are disorders affecting mood, emotions
and energy.
- Bipolar disorder is characterized by cyclic
periods of depression and mania.
- Both illness are often accompanied by
anxiety and other disorders.
- Although there is no known cure for either
illness, most can be helped with some
combination of medication, therapy and
peer support.
- 15% of people having a significant
untreated disorder complete suicide.

SYMPTOMS OF DEPRESSION

- Sleep disturbance or oversleeping
- Loss of interest in daily activities
- Feelings of worthlessness, guilt and
helplessness
- Despondency or sadness
- Poor concentration
- Possible psychotic symptoms
- Loneliness, social isolation
- Loss of self esteem
- Suicidal thoughts
- Slowed thinking, forgetfulness
- Decreased sexual drive
- Irritation or hostility
- Changes in appetite, poor appetite or
overeating

SYMPTOMS OF MANIA

- Boundless energy, enthusiasm, and need
for activity
- Decreased need for sleep
- Grandiose ideas, inflated self esteem
- Misinterpretation of events
- Poor judgement
- Rapid, loud, disorganized speech
- Flight of ideas, rapid succession of thought
without logical conclusion
- Short tempered, argumentative behaviour
- Spending sprees, gambling
- Possible delusional thinking
- Increased sexual drive, sexual indiscretions
- Racing thoughts, ideas
- Overreaction to stimuli
- Increased interest in activities